



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,683 Miles of Foot Trails

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Sign Up for New Trails Project at Wonder Lake S.P. in Putnam County

By Gary Haugland

Wonder Lake State Park in New York's eastern Putnam County has been generally overlooked and unknown since its acquisition by New York State Parks in 1998. Ten years later, in mid-January 2008, the park was still unmentioned on the State Parks website. The problem during most of this time has been one of access; the park was essentially landlocked by surrounding private property.

Unmarked woods roads lead to the lake and other parts of the park. For the time being, however, there are no maps; hikers and other users essentially are on their own. A kiosk at the park entrance stands blank, ready for a map that will feature trails yet to be constructed.

Recently, Bill Bauman, manager of Wonder Lake State Park as well as of

topography and scattered ravines. Most of the site is covered with mixed hardwood, ledges, seasonal streams, and rivulets; located in the southeastern portion of the property is a series of meadows surrounded by stone walls. There are abandoned orchards and, of course, Wonder Lake.

Woods roads cross the property and are most suitable for equestrian use; a network of trails for other park users needs to be built. One of these will be the Highlands Trail, which is being extended through Putnam County to the Connecticut border; it will form a core hiking trail through Wonder Lake S.P. from which loops and side trails can be built.

The Trail Conference is planning for this burst of activity by holding several trail workshops in Putnam County this spring: Layout and Design (April 4 and 5), Maintenance 101 (April 12), and Construction and Restoration (April 13). [See the complete list of spring workshops, including a Maintenance 101 in New Jersey, on page 5.] Field sessions will be conducted at Wonder Lake S.P. after classroom meetings in facilities at nearby Fahnestock S.P.

Members—especially those living in the area east of the Hudson River—are encouraged to take advantage of these workshops and help us design and build the trails and fill the maintainer slots that will open when the trails are completed.

Join us, and be prepared to fall in love with this recent addition to the New York State park system.



A hiker enjoys a view of wintry Wonder Lake in January.

In 2006, however, the Trust for Public Land and the Open Space Institute negotiated the purchase of 106 adjacent acres, simultaneously expanding the park to 963 acres and providing the needed public access. From a parking area on Luddingtonville Road, which runs parallel to Interstate 84 between exits 17 and 18, a single marked trail, blazed yellow, now extends into the heart of the park.

Hudson Highlands and Fahnestock State Parks, invited the Trail Conference to help develop this trail system. Wonder Lake State Park presents the Trail Conference with an excellent opportunity to establish new trails for hiking, and to serve as a natural laboratory for upcoming trail workshops.

The park, the bulk of which was once a country estate, is characterized by rugged

Volunteer Profile Thesis Project Leads Grad Student to Trails Work



Andrew Steever "bumped into" the Trail Conference while doing research for a thesis project on his way to a master's degree in industrial design. "I was investigating how people interact with the outdoors, particularly casual users such as hikers," the New York City-based Steever recalls during a January phone interview. "That led me to looking at organizations that focused on those concerns. That's how I bumped into the Trail Conference." He became

Andrew Steever was studying industrial design when he volunteered to help develop a structures manual.

a member about a year ago, and, very quickly, a volunteer.

A recruitment ad in *Trail Walker* caught his attention. Larry Wheelock, then trails director (now West Hudson regional coordinator, see page 2) was looking for volunteers to help create a manual for building trail structures. Both parties recognized a perfect match. Steever incorporated the manual project as part of his master's thesis; the Trail Conference benefited from his professional and academic design background.

"Andrew really jumped into this project," Wheelock says. "He got out in the field and learned what was needed. Then he came back and developed a chapter of the manual and a template for developing other chapters. We now have good documentation for a project that can be used by volunteers in the field. They won't have to start from scratch in terms of design when they need to build a picnic table. The materials and tools that are needed are listed right in the manual, along with step-by-step instructions on how to build these items. It's great."

"Andrew's work also gives us a template that can be used to document other structures that are commonly built on our trails," says Wheelock. "And it helps establish standards for volunteer-built structures. What we need now are additional volunteers who can follow Andrew's template and compile the necessary information."

Andrew notes that he embarked on this project as a trails novice. Though he was studying industrial design at Pratt after

about a decade working as a set designer in New York City for stage and television, he had "no knowledge specific to trail work. I had to get involved." Last summer he worked with several trail crews, including with the West Hudson North Crew on the Stillman Bridge project on Storm King Mountain and with Ollie Simpson, who was building picnic tables at shelters on her section of the AT in Dutchess County. "I had to find out not only what the structures

continued on page 3

Volunteers Needed to Complete Trail Structures Guidebook

You can help by providing notes and photos of past projects; research materials, codes and resources; or take on a trail structure and get directly involved in the creation of a set of plans and instructions. Contact volunteers@nynjtc.org or 201-512-9348, ext. 17 to indicate your interest or get more information.

MEMBER
get a
MEMBER
2008 CAMPAIGN



March has arrived and that means it is time to go out and find new members for our second annual Member-Get-A-Member campaign! As announced in the last *Trail Walker*, from March 1 through May 31, 2008, the New York-New Jersey Trail Conference challenges its members to encourage their friends, family, neighbors, colleagues, and others to join the Trail Conference. Each current member who sponsors a new member will become eligible for special recognition and prizes!

The members who enlist the most new members during the MGM Campaign will win this year's prizes, which are:

- Grand Prize: Camping Equipment Package from Campmor.
- Second Prize: One-night, mid-week stay in a Jr. suite and dinner for two at the Phoenix Restaurant at the Emerson Resort and Spa.
- Third Prize: Lunch and hiking passes for two at the Mohonk Mountain House.

It's not hard to win. Last year's winner won the top grand prize by recruiting just seven new members!

For each new member you recruit, you will have one entry into our drawing for various outdoor goods donated by our retail partners. Items you might win through the raffle are:

- 3-day free rental of outdoor equipment packages from EMS, Paramus, NJ
- Daiwa Executive Travel Pack Fishing Pole and Reel from Matt's Sporting Goods, Haverstraw, NY
- Overnight camping package that includes a Slumberjack® sleeping bag, sleeping pad, lantern, and pot set from Ray's Sport Shop in North Plainfield, NJ
- \$50 gift certificate to Hudson Valley Outfitters in Cold Spring, NY
- \$50 gift certificate to Basecamp Adventure Outfitters in Basking Ridge, NJ
- Wooden Walking Stick from Blue Ridge Mountain Sports, Madison, NJ
- \$20 gift certificate to Dover Sport Online in Dover, NJ

The more new members you recruit, the better your chances are at winning any of these great prizes!

To learn how to participate, see our special insert in this edition.

TRAILWALKER

VOLUME XXXV, No. 2

MARCH/APRIL 2008

GEORGETTE WEIR
LOUIS LEONARDISEDITOR
GRAPHIC DESIGNER

The TRAIL WALKER (USPS Permit #1239) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

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New York-New Jersey Trail Conference, Inc.
156 Ramapo Valley Road (Rt. 202)
Mahwah, NJ 07430
201-512-9348

e-mail: info@nynjtc.orgeditorial e-mail: tw@nynjtc.orgWorld Wide Web: www.nynjtc.org

Mission Statement

The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.



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Tim Sullivan Honored for 61+ Years with PIPC

Chief Ranger Timothy Sullivan has been on the job with the Palisades Interstate Parks Commission (PIPC) for an incredible 61-plus years. Throughout the course of that time he has been a good friend and partner to the New York-New Jersey Trail Conference and extended hiking community. In 1988, the Trail Conference recognized Sullivan's "above the call of duty" support of hiking, hiking trails, and trail lands by honoring him with our Major William A. Welch Trail Partner Award.

In January, Sullivan was again honored, this time by his employer, New York State Office of Parks, Recreation and Historic Preservation (OPRHP), of which PIPC is a component. OPRHP Commissioner Carol Ash presented Sullivan with a Special Service Award at a ceremony held at Saratoga Spa State Park.

"Tim's exemplary career in the Palisades has spanned six decades, and in that time it is likely he has hiked every square inch of park property in the region," Ash said. "He is one of State Park's most knowledgeable and dedicated employees. He is consulted on a daily basis in reference to a host of park related issues and his expertise is unparalleled. He is an inspiration to the

agency and has left a lasting legacy."

Sullivan began his career with State Parks in 1946 as a seasonal park patrol officer. In 1965, he was named chief ranger of the Palisades region. Throughout six decades, Sullivan also had a number of special assignments, including assisting the National Park Service with their backwoods camping surveys in Shenandoah National Park, serving on the planning committee for the original purchase of Minnewaska State Park Preserve, and



assisting with all phases of the agency's acquisition of Sterling Forest.

"Most any time, when our maintainers have asked for something special, like signs at road crossings, or the crews have requested help with moving materials and equipment, Tim and those under him have jumped to help," says Larry Wheelock, who often works with Sullivan on trails issues.

"He helped Elizabeth Levers relocate some sections of the AT in the '70s, he helped lay out the trails in the Indian Hill area of Sterling Forest, he worked closely with us through the Storm King Mountain ordnance cleanup, and has done what he could to provide materials and help when we were challenged with rebuilding bridges and other projects throughout Harriman and Storm King State Parks.

"All in all, I can think of few people at his level of responsibility who have remained consistently true to his appreciation of the volunteers and their work through thick and thin."

The Trail Conference congratulates Tim Sullivan on receiving this well deserved award.



Calls & Letters to the Editor

Additional Credits For Warner Creek Trail

Editor's note: In acknowledging the contributions of the Catskill Mountain Club in building the new Warner Creek Trail in the Catskills in the January/February issue of *Trail Walker*, we failed to recognize two individuals who also made significant contributions to this trail. Catskill Committee Chair Pete Senterman sends word that Doug Egeland and Cal Johnson respectively spent 122 hours and 69 hours helping to make this new connection between the Long Path and Devil's Path. The Trail Conference thanks everyone who worked on this exciting and beautiful new trail and congratulates them on a job well done!

Police Seek Help

Investigator Christopher Quick of the New York State Police in Monroe, NY, seeks information about recovered skeletal remains found in Sterling Forest State Park, on a hilltop west of Sterling Forest Lake (Blue Lake) by hikers on February 16, 2005. Police have so far been unable to identify the remains. Some clothing was recovered along with a pair of Nike sneakers, size 12 or 13. Examination determined the individual to be a male between 40 and 70 years of age; there was significant wear on the teeth and some of the teeth were prepared for crowns. Anyone who thinks they may have information that may help in identification should contact Investigator Quick at 845-782-7574.

AT User Survey Invites Online Participation

I am currently working on my thesis at Old Dominion University. I have chosen to research AT user motivations, AT benefits, and trail preferences because I am very passionate about both hiking and the AT. I would like to use my research time to gather information useful to AT maintaining clubs and the Appalachian Trail Conservancy (ATC). My survey seeks to examine the attributes, benefits and outcomes associated with your Appalachian Trail (AT) hiking experience. Information gathered will be shared with AT maintaining clubs and the ATC with the hope that it will be useful in both better understanding current AT users as well as in acquiring funding for continued maintenance of the AT footpath and preservation and protection of its surrounding corridor lands. If you would be interested in participating in this study, please go to: <https://periwinkle.ts.odu.edu/surveys/PWXZAR/>

The survey should take 10-15 minutes to complete. Survey respondents should be at least 18 years of age, and AT hikers of all types ("dayhikers" to "thruhikers") are welcome to take the survey. For the purposes of my thesis, I hope to have enough respondents by March 15 to begin data analyses.

*Barbara Freidt, Graduate Teaching Assistant
Department of Exercise Science, Sport, Physical Education
and Recreation, Old Dominion University*

Send Us a Letter

Email it to tw@nynjtc.org; in the subject line, put "letter to TW editor"; or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

New Membership Benefit!

As a member of the Trail Conference, you're given several discounts through unique partnerships we develop with retail partners. Recently, the Trail Conference added a new partnership with Hertz Rental Corporation!

The following discounts are just a few of the perks you can get from Hertz for being a Trail Conference member. Once you obtain your Hertz Membership Discount Card, you are able, within the United States, to:

- Take 10% off Daily Member Benefit Rates
- Take 10% off Standard Daily, Weekly, Weekend and Monthly Rates
- Take 5% or greater off Leisure Daily, Weekend, Weekly and Monthly Rates

Additional benefits are offered for travel outside of the United States, which you can review when you receive your Hertz Membership Discount Card.

The Trail Conference will also receive credit for your rental purchase when you use your Hertz Card. If Trail Conference members accumulate \$6,250 in net revenue per quarter through Hertz rentals, the Trail Conference will receive at least 2% of that money! So, by renting through Hertz you may also help further the work that we do.

In order to access this discount, you must obtain your own Hertz Membership Discount Card from the Trail Conference's main office in Mahwah, NJ; call 201-512-9348 or email info@nynjtc.org.



Visit Us Today!

www.NYNJTC.org

From the Executive Director

Reorganizing from the bottom up



Over the past six years Trail Conference staff has grown to support a variety of programs—trails, land acquisition, publications, advocacy, science, volunteers, membership, and fundraising. As I mentioned in my January column, we are currently reorganizing our staff structure to put more people in the field as close as possible to the trails and volunteers that embody our mission.

The new arrangement is intended to more tightly focus our efforts on providing access to quality open space and to simplify the work of volunteers and agency partners by providing them with a single point of contact in the field.

Regional coordinators are the linchpin of the strategy. Initially we will deploy coordinators into three regions—New Jersey, New York East of the Hudson, and New York West of the Hudson.

These regional coordinators will support the Trail Conference volunteers in their regions and will, in turn, be supported by staff specialists—in volunteer coordination, land acquisition, cartography, and

communications—in our central office. This should allow us to better leverage the efforts and expertise of the hundreds of partners and thousands of volunteers we work with each year. Staff changes are being made to accomplish this, including the following:



Larry Wheelock, long-time Trails Director, is now the West Hudson Regional Coordinator, and also will cover the East Hudson position until it is filled.

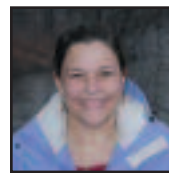


Brenda Holzinger, formerly Conservation & Advocacy Assistant Director is now New Jersey Regional Coordinator.

Other changes:



Georgette Weir, who has edited the *Trail Walker* for seven years, is expanding her role as *Trail Walker* and *e-Walker* editor to take on web content, public relations and advocacy as our Communications Specialist.



Katy Dieters, formerly Membership & Volunteer Associate is now Volunteer Coordinator.



Leslie Rappalie, formerly Bear Mountain Project Manager, is now Membership & Development Program Manager.



Matthew Townsend has joined the staff as Bear Mountain Project Manager. Matt started with the Trail Conference as an SCA (Student Conservation Association) intern in October 2006. He stayed on as a Trail Crew Supervisor to finish up the 2007 season at Bear Mountain before his recent promotion.



Catherine Gemmell, formerly Information Manager, is now Administration & Information Manager.



Cal Rizzuto, formerly Administrative Assistant, is now Help Desk Administrator.



In addition to the East Hudson Field Coordinator, we are also hiring a **Trail Construction Specialist** to lead our major construction and training projects such as the one at Bear Mountain. For more details, see www.nynjtc.org. Still with us in familiar titles are: **Joshua Howard**, Director of



Membership & Development; **Bill O'Hearn**, Conservation Director; **Gary Willick**, Fullfilment Coordinator; **Jeremy Appgar**, Cartographer; **Hedy Abad**, Membership & Volunteer Associate; and **Kathy Goldman**, Office Assistant.



These staff and office resources are in place for you, our volunteers. Trail Conference volunteer efforts, originally shouldered entirely by member clubs, are now largely dispersed among thousands of individual members, from central New Jersey to north of the Catskills. Our new structure will make these resources more easily accessible for you. Together, we will continue to protect and preserve for public access the 1,683 miles (and growing) of hiking trails and trail lands in our rapidly developing region. We will extend our 88-year success story of connecting people with nature.



– Ed Goodell, goodell@nynjtc.org

Three Trail Grants Support TC Projects in NY and NJ

The Trail Conference has received a \$10,000 grant from the Marie Baier Foundation to support our Community Trails Program in the West Hudson Region. This grant will help us to expand our capacity to provide assistance to local trail programs in Rockland, Orange, Sullivan, Ulster, Greene, and Delaware Counties. Specific projects now targeted include:

- completing a 63-acre land acquisition in Monroe on the northern border of Sterling Forest which is visible from the Appalachian Trail. Along with Arrow Park and another proposed acquisition, this land would add more than 500 acres of contiguous open space to Sterling Forest State Park.

- in the Town of Warwick, developing a trail corridor that will link municipal, county, state, and federal open space (the AT) to add several loop trails in the eastern Warwick-Greenwood Lake area.

- assisting New York State Office of Parks, Recreation, and Historic Preservation with the development of the Sterling Forest State Park Master Plan, including hiking connections between Greenwood Lake on the west and Blue Lake on the east.

- creating a permanently protected trail corridor in the Town of Chester for the Appalachian and Highlands Trails.

In January, the Greenway Conservancy for the Hudson River Valley announced a

grant to the Trail Conference in the amount of \$5,000. This money will help pay the costs of building a 28-foot timber bridge across a cliff face on Bear Mountain as part of the Appalachian Trail relocation project there.

In November, the New Jersey Dept. of Environmental Protection announced the award of \$25,000 to the Trail Conference for its Highlands Trail project in central New Jersey. This project was one of 48 trail projects recommended for funding by the New Jersey Trails Council and funded by the Federal Highway Administration's Recreational Trails Program.

ANDREW STEEVER

continued from page 1

were about, but also about the people doing the work—what they know, what they don't know."

He chose picnic tables—relatively simple, straightforward structures—as his demonstration project. He documented the materials and tools required, drew construction diagrams with a simple software product, and outlined the process step-by-step. Another volunteer tested his instructions by using them to build a table.

"The people who are coming out to these projects have a wide range of experiences and skills," Andrew notes. "The idea is the manual is something that anyone can bring into the field and can understand and follow."

To produce the early chapters and template of the Structures Guidebook, Andrew used a free and "simple-to-use" 3D software called SketchUp. "We're looking for people who will be able to create other chapters of the guidebook using this software and based on the template." He gave a tutorial on its use to volunteers in February.

As of the deadline for this issue, Andrew's personal plans were up in the air. He finished his master's program in December 2007 and was working part time with a Brooklyn-based backpack manufacturer while interviewing around the country for a full-time job. "I hope to stay in the outdoor industry in some capacity."

And for Extra Credit...

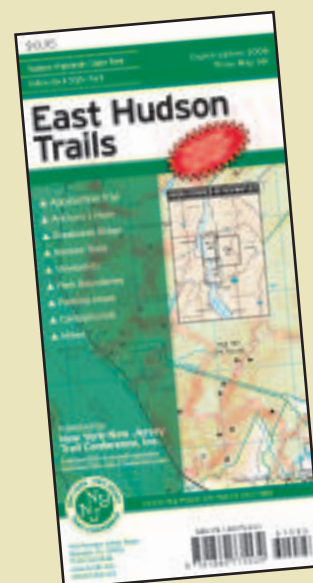
While working on the Stillman Bridge project at Storm King and on picnic tables on the AT, Andrew Steever experienced first-hand one of the logistical difficulties volunteers face: carrying material – particularly heavy, awkward pieces of lumber – to worksites, sometimes long distances over rough terrain. He set himself the goal of devising an aid that would relieve the bodily stress of hand-carrying. "I came up with a simple design of a metal hook and strap on a belt that allows people to carry material on the hip, rather than by hand. I made a couple of prototypes. It needs some more testing." Andrew is looking into the possibility of patenting and manufacturing his design. "I'm not taking orders yet," he says.



A prototype of Andrew's load-carrying belt.



David Kiniski models the latest in trail volunteer fashion. His hip carries the weight of a table component thanks to a waist belt devised by Andrew Steever. The belt was tested during construction of a picnic table at Telephone Pioneers shelter on the AT.



New Edition of East Hudson Map Set Available by April

The Trail Conference is pleased to announce the publication of the eighth edition of our popular *East Hudson Trails* map set. This new, digitally-produced map features 20-foot contours and incorporates various enhancements from the previous edition, including several revisions to the trails. Of special note for GPS users, grid lines and projections are corrected from the previous edition. The set will be available at the beginning of April.

The cost of this map set is \$10.95, with the members' discounted price being \$8.21. To obtain the new map set, see Hikers' Marketplace on page 12, call 201-512-9348, ext. 11, visit www.nynjtc.org, or stop in at the Trail Conference office.



Conservation & Advocacy



From the
Conservation Director:
William P. O'Hearn

Now Is the Time to Buy Open Space, Especially in the NJ Highlands

You have probably heard the standard argument going around these days: Sinking property values = recession = dropping local tax revenues = no money available for such things as public acquisition of open space. In fact, two counties in New Jersey recently proposed cutting their collection of open space funds, citing recession worries. As someone who buys open space for a living, I'm here to tell you that this conventional wisdom is wrong-headed. Now is the time for taxpayers to get more for their open-space dollar.

First off, consider basic economics and the contrarian rules of the marketplace. When the market is dropping, when owners are panicking and looking to dump inventory, that is the absolute best time to buy. As the real estate values continue to slide, we will find willing sellers

(including the big developers like Toll Brothers and Pulte) of sites that seemed like a lock for development only last year. This means that we have a two- to three-year window to purchase property before the market correction runs its course.

Secondly, we are using public money generated by county and municipal residents who have been willing to tax themselves for this purpose. The reason we have created separate public open space funds is so that local officials cannot tap those funds to cover short-term government shortfalls. In other words, the public has made a long-term investment in open space funding, and now is the time to use those funds to their fullest. And don't forget that local towns are able to use their modest open space dollars to leverage contributions from county and state funds to preserve property for a fraction of the total selling price.

Third, there is the issue of fairness to property owners whose right to develop their land has been restricted by government for reasons of public interest and who may decide they no longer want to pay property taxes and other carrying costs of their land.

Potential buyers may be limited to land trusts and, in New Jersey, the Green Acres program. To remove publicly-funded buyers from the market is going to leave many of these owners stranded and may make the real estate inventory situation worse than it already is.

Fourth, to a community open space is a low-cost use of land, requiring little if anything in the way of services. It is essential for sustainable communities. Parkland adds to property values, stabilizes taxes, provides passive and active recreation, protects our water quality and quantity, can generate ecotourism revenues, and maintains our small town semi-rural character and quality of life.

That's a good deal, and it's why open space programs have been so popular with the voting public. Let's utilize our public dollars to their fullest, and avoid missing what may be our last opportunity to purchase some of these priceless open spaces and preserve them for future generations, long after the current economic crisis has run its course.

Conservation & Advocacy News Notes

NEW JERSEY

2008 Most Critical Year for GSPT

During the past decade, the Garden State Preservation Trust Fund has made it possible to preserve land in New Jersey at a rate about 2-3 times faster than the state is losing land to development. NJ voters approved a one-year, \$200 million, stop-gap addition to the fund last November, but this money will be exhausted next year without a long-term, stable source of funding.

The Keep It Green Campaign, an alliance of nearly 100 groups statewide, including the Trail Conference, kicked off its 2008 campaign in support of the Garden State Preservation Trust Fund on January 28th with a well-attended legislative reception. Both the Senate and the Assembly were in session, and the event offered an outstanding opportunity for legislators and campaign members to discuss different possibilities for renewing the trust fund, while at the same time enjoying a quick lunch break amidst a hectic day in the state capitol.

The Keep It Green Campaign is currently investigating open space funding mechanisms in other states to choose the best approach for New Jersey. Funding possibilities include: a water use fee, a dedicated portion of the sales tax, a tax on sewer services and septic systems ("flush" tax), a real estate transfer fee, a building material tax, state park and forest use fees, unclaimed lottery winnings, a sporting goods tax, and a returnable bottle fee.

If you would like to join the Keep It Green Campaign and the Trail Conference to fight for open space conservation in 2008, please contact Brenda Holzinger, NJ Field Coordinator, via email (holzinger@nynjtc.org) or telephone (201-512-9348, ext. 25).

Off-Road Vehicle Legislation Reintroduced

The New Jersey ORV bill (Assembly-4172 and Senate-3024) was introduced and voted out of the Assembly Transportation & Public Works Committee on December 6, 2007, and introduced in the Senate, but it was not passed during the lame duck session. The bill, with some new amendments, has now been introduced in the Assembly (A-823) and will be brought forward in the next few weeks in the Senate. The Trail Conference testified at the December 6 committee meeting, a stakeholders meeting sponsored by Assemblyman Reed Gusciora, and at a press conference held with our partners, Pinelands Preservation Alliance and New Jersey Conservation Foundation. Watch your email for updates as this legislation moves forward.

NEW YORK

Byron Hill (formerly Pierson Lakes), Phases II and III

This proposed 49-unit development, located on 200 acres at the intersection of four major parks—Sterling Forest and Harriman State Parks in New York, and Ringwood Manor State Park and Ramapo Reservation County Park in New Jersey—would cut a prime trail corridor linking the two states and break an eight and a half-mile long corridor of unfragmented forest only 29 miles from New York City.

The Trail Conference has joined with the Ramapo Highlands Coalition, the New York Committee of the Four-State Highlands Coalition, Torne Valley Preservation Alliance, and other groups to oppose this development and urge that the developer be required to submit a Supplementary Environmental Impact Statement (SEIS) rather than a much simpler document called

an Amended Findings Statement. Executive Director Ed Goodell testified at the first Planning Board hearing in November, and C&A Director Bill O'Hearn testified and submitted Trail Conference maps on a second hearing held January 22.



LaFarge Clean-up Is a Green Success!

There is more good news from the clean-up of Trail Conference preserved property in the Shawangunks known as LaFarge (see cover story of January/February 2008 issue). LaFarge North America, the previous owner, has agreed to take away for free the four tons of tires that had been dumped on the property. Trail Conference volunteers collected the tires, along with other trash, over two weekends of clean-up at the site last fall. LaFarge is going to take the tires to a cement plant in Pennsylvania that generates part of its energy by burning tires. "But even more exciting," says Brenda Holzinger, who, as former assistant director of conservation and advocacy (now NJ field coordinator) organized the cleanup effort, "is the fact that only 5% of the 20 tons of trash will end up as trash in a landfill. The other 95% is all getting recycled and/or reused. Taylor Recycling, which got the other 16 tons of trash we picked up, recycles 95% of everything they take in. They are actually a global leader in this trash recycling technology." She notes that thanks to all the volunteer efforts, the Trail Conference will have spent just \$500 to clean up the 150-acre site in preparation for sale to New York State.

Funding in Works for NYS Parks

Governor Spitzer's budget proposal for 2008 provides \$110 million for capital improvements to state parks facilities, Dept. of Environmental Conservation campgrounds, improvements to state fair facilities, and transformation of an old railroad bridge over the Hudson River between Poughkeepsie and Highland into a walking/bicycling park. In addition, Spitzer has recommended appropriating \$250 million into the Environmental Protection Fund, the same as the current year's budget, and has once again put forward the Bigger, Better Bottle Bill. This proposal would earmark unclaimed nickel deposits for the Environmental Protection Fund and would add 5-cent deposits to plastic bottles for beverages such as sports drinks, iced tea and water, among others not currently part of the deposit system. Anyone interested in keeping up with developments on these proposals as the budget

continued on page 11

Trail U Workshop Catalog

Learn trail skills and put them to work as a trail volunteer.

The Trail Conference offers workshops for levels from beginner to advanced. Enjoy time in the field, learn a new skill, and help connect people with nature by training and volunteering with the Trail Conference.

Check the schedule online; go to www.nynjtc.org and click on Workshops in the "Frequent Pages" list at left. For more information please contact volunteers@nynjtc.org or call 201-512-9348, ext. 17.

Trail Maintenance 101

This one-day training session teaches maintenance techniques, trail standards, and what problems to expect on the trails and how to solve them. If you are interested in becoming a maintainer or enhancing your maintenance skills, this is the perfect workshop for you. No previous experience is necessary and beginners are welcome. Students will spend the morning in a classroom environment and then head out into woods for a hands-on exercise.

Introduction to Trail Construction and Restoration

If you have wanted to help on a trail crew, this is the workshop for you. During this day-long workshop participants will work on a section of trail by constructing steps and/or waterbars, side-hilling, and use other basic trail construction techniques for building new and restoring eroded trails. There is a preliminary overview of the course in the morning, and then we head off for a hands-on training session. No previous experience is necessary and beginners are welcome.

Advanced Trail Construction and Restoration Techniques

Learn how to build and repair hiking trails using advanced rock work, high-line rigging techniques with a grip hoist system, bridge construction, and other exciting methods. Prior trail crew or trail building experience is recommended. This class is held in the field and is a hands-on learning experience. Class size is limited for the safety of the participants.

Trail Layout and Design

This two-day workshop is devoted to establishing guidelines for laying out a safe, exciting and ecologically sound trail with special attention paid to digital route making, dealing with sensitive environmental and archeological conditions, designing for single and multiple user groups and designing for a fulfilling hiking experience. Class participants will spend one day in a classroom environment and one in the field.



GPS and GIS for Trail Management

This one-day workshop provides a basic level of skills for using Global Position Systems and Geographic Information Systems to aid in trail layout, design and inventory keeping. This is a great workshop for all you "techies" who love to hike.

continued on page 11

Visit the new TC advocacy site (<http://capwiz.com/nynjtc/home/>) and take action!

TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Spring Workshops

Details about listed workshops can be found in Trail U Workshop Catalog (page 4). For information or to register for a workshop, go to www.nynjtc.org and click on "Workshops" in left-hand column or contact volunteers@nynjtc.org or call 201-512-9348, ext. 26.

Additional workshops may be added at our Bear Mountain Trails Project (BMTP) by group request or popular demand. Contact Matt Townsend, BMTP manager, at townsend@nynjtc.org or 201-512-9348.



March 29 (Saturday)
#333: Bear Mountain Overview and Orientation
Coordinator: Matt Townsend
Location: Bear Mountain State Park

March 30 (Sunday)
#332: AT Lands Monitor Training Workshop
Contact: Ron Rosen, 845-454-4936 or Jim Haggett, 845-462-2893 for more information. Sign up is as above.
Location: RPH Shelter on AT in Dutchess County, NY (just off the Taconic Parkway)

April 5 & 6 (Saturday & Sunday)
#326: Trail Layout and Design
Instructors: Eddie Walsh and Larry Wheelock
Location: Fahnestock State Park, NY (classroom), and Wonder Lake State Park, NY (field work) Attendance at both days is required.

April 12 (Saturday)
#327: Trail Maintenance 101
Coordinator: Gary Haugland
Location: Fahnestock State Park, NY (classroom), and Wonder Lake State Park, NY (field work)

April 12 (Saturday)
#334: Stone Splitting
Coordinator: Matt Townsend
Instructors: TBD
Location: Fahnestock State Park, NY

April 13 (Sunday)
#328: Trail Construction and Restoration
Coordinator: Gary Haugland
Location: Fahnestock State Park, NY (classroom), and Wonder Lake State Park, NY (field work)

April 19 & 20 (Saturday & Sunday)
#329: Stone Step Construction for Novice Trail Builder
Coordinator: Matt Townsend
Instructor: Eddie Walsh
Location: Bear Mountain State Park Attendance at both days is required.

April 26 (Saturday)
#331: Trail Maintenance 101
Registration deadline: April 18
Coordinator: Ellen Cronan
Instructors: Estelle Anderson and Bob Jonas
Location: Newark Watershed Visitors Center on Echo Lake Road, West Milford, NJ

May 3 & 4 (Saturday & Sunday)
#333: Basic Stone Cribbing (May 3)
#334: Basic Stone Cribbing (May 4)
Coordinator: Matt Townsend
Instructor: TBD
Location: Bear Mountain State Park

May 17 & 18 (Saturday & Sunday)
#337: Stone Paving (May 17)
#338: Stone Paving (May 18)
Coordinator: Matt Townsend
Instructor: TBD
Location: Bear Mountain State Park



Trail Crew Schedules

March - April 2008

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. A one-time "guest" participation is allowed, so bring your friends.

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, thornburyhall@verizon.net

This crew covers the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

WEST JERSEY CREW

Leaders: Monica and David Day
Phone: 732-937-9098 **Cell:** 908-307-5049
Email: westjerseycrew@trailstobuild.com
Website: www.trailstobuild.com

Beginners are welcomed on all work trips. All events begin at 9:00am. Please phone/email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels - if in doubt, call the leaders between 6:00 and 6:30 that morning.

April 12 (Saturday)
Warren Trail, Jenny Jump State Park
 We will continue work on this new trail.

April 26 (Saturday)
Douglas Trail, Worthington State Forest
 We will build water management structures (water bars and check dams).

CENTRAL JERSEY TRAIL PROJECT
Contact: Ellen Cronan, ecronana@yahoo.com

April 27 (Sunday)
Newark Watershed, West Milford, NJ
 Work trip starts at 9am and will last all day. Contact Ellen Cronan for more information.



A work outing on our Bear Mountain Trails Project last year. This is the biggest of many Trail Conference projects in our region. All of them welcome and train new volunteers.

HIGHLANDS TRAIL CREW

Leader: Glenn Oleksak, glenno@nji.com

We meet on the first or second Sunday of each month, with additional trips sometimes scheduled. We tackle a variety of Highlands Trail projects from trail maintenance to trail building. Most upcoming spring trips will be in Hunterdon County, NJ. For details on trips, go to www.nynjtc.org and click on "Trail crews/Work trips" at left. Please contact leader if you are coming on a trip so that you can be notified of cancellations.

METRO TRAILS CREW

Leader: Joe Gindoff, 718-614-2209
joeghiker@aol.com

March 15 (Saturday)
Pelham Bay Park, Hunter Island
 Meet 9am at the SW Corner Orchard parking lot Build stone waterbars and check dams

April 12 (Saturday)
Staten Island Greenbelt
 Meet 9am at the Nature Center, 200 Nevada Trail Maintenance in various sections of the park. Beginners are welcome with basic trail maintenance as our focus.

May 17 (Saturday)
Pelham Bay Park
Contact: Liz Gonzalez, 646-319-5159
 Meet 10am at the canoe launch next to the Orchard Beach Parking Lot. Coastal Cleanup

May 18 (Sunday)
Alley Park, Queens
 Meet 9am at the corner of 233 St. and 67 Ave. Trail maintenance / Waterbar construction

June 6, 7 & 8 (Fri. Sat. & Sun.)
National Trails Day, Eagle Scout Projects Alley Park, Queens
 Meet 9am at the upper parking lot, across from the Sanitation Department, off Winchester Blvd. Join us in building two bridges (17' and 30' long)

June 21 (Saturday)
Van Cortlandt Park, John Muir Trail
 Meet 9am at the riding stable parking lot Trail maintenance

EAST HUDSON CREW
 Work dates to be announced on website. Sign up for email notification at www.nynjtc.org; click on "Trail Crews, Work Trips" then Sign-up for Trail Crew at top of page.

WEST HUDSON SOUTH CREW

Leaders: Chris Ezzo (Crew Chief): 516-431-1148, musicbynumbers59@yahoo.com
 Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
 Claudia Ganz: 212-633-1324, clganz@earthlink.net
 Robert Marshall: 914-737-4792, rmarshall@webtv.net
 Monica Day: 732-937-9098, Cell: 908-307-5049, westjerseycrew@trailstobuild.com

April 19 (Saturday)
Popolopen Gorge Trail
Leader: Chris Ezzo

April 24 (Thursday)
Popolopen Gorge Trail
Leader: Bob Marshall

April 26 (Saturday)
Popolopen Gorge Trail
Leader: Chris Ezzo

May 8 (Thursday)
Popolopen Gorge Trail
Leader: Bob Marshall

NEW JERSEY APPALACHIAN TRAIL FIELD CREW
Leader: Gene Giordano, trailwork@appalachiantrail-nj.org

Second Saturday of Each Month, April through November
 Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

BEAR MOUNTAIN TRAILS PROJECT
Project Manager: Matt Townsend, townsend@nynjtc.org or 201-512-9348
For info and to register: volunteers@nynjtc.org, or call 201-512-9348, ext. 17

Second Saturday of Each Month
Beginner work trips.

Weekly Work Trips
 Scheduled Thursday through Monday (including on weekends that have workshops)

Save the Date
June 7 (Saturday), National Trails Day
 Work trip at Bear Mountain

New This Year!

Two Dates & Two Locations (NY & NJ) for Our Most Popular Trail U Workshop - Trail Maintenance 101

Check the Trail U schedule on this page for details on these workshops and others that meet your needs and skill levels!

All Trail Conference Workshops, regardless of location, will be listed under Trail U.



Volunteer Classifieds: Get Involved!

Volunteers Needed to Complete Trail Structures Guidebook

The content of this guidebook ultimately relies on the input and expertise of the crew leaders, maintainers and volunteers in the field. Anyone who is willing to devote some time and/or knowledge is urged to participate. You can help by providing notes and photos of past projects; research materials, codes and resources; or take on a trail structure and get directly involved in the creation of a set of plans and instructions. You can also attend a seminar on using SketchUp, a free, simple-to-use 3D software tool, and learn to build a trail structure virtually from which you can provide illustrated instructions for others.

AT Lands Monitors Needed; Training Scheduled for March 30

Anyone with an adventurous spirit, a love of getting off-trail, and a strong land conservation ethic is encouraged to sign up for training to become a volunteer AT corridor monitor and to experience 'Life on the Edge' firsthand. AT monitors are needed in New York, and training is required for all. Find out if monitoring is the right volunteer opportunity for you by taking the course offered on March 30 (see Trail U schedule on page 5).

Maintainer Openings in NJ and NYC

Apply now for maintainer openings on the Warren Trail in Warren County and in Stokes State Forest in Sussex County, both in New Jersey. There also are openings in the Metro region (New York City, including Staten Island).

Like to Look at Photographs?

Have we got a job for you! The Trail Conference has tons of digital photos that need to be looked at and tagged for easy retrieval for use online and in publications. The job will involve the use of a photo sorting software.

Join the Friends of Darlington Schoolhouse

The Friends of the Darlington Schoolhouse seek volunteers to help in the following areas:

- **Technology:** A volunteer to help digitize the Darlington archives and maintain the website
- **General:** Volunteers to join the committee and help direct the future of the schoolhouse

If interested, please contact Chris Tausch at info@darlingtonschoolhouse.org for more information.

Talk to New Jersey

Help spread the word about the Trail Conference in New Jersey and enjoy some interesting events. Support TC state field coordinator Brenda Holzinger by staffing our information table at events in New Jersey during April, May, and June.

Catskill Trailkeeper Project Manager

The Trail Conference seeks a project manager for a new Catskill Trailkeeper program. Work in partnership with Catskill Mountainkeeper to develop this stewardship and education program for trails in Catskills.

Contact volunteers@nynjtc.org or 201-512-9348, ext. 26, to indicate your interest or get more information about these or other volunteer opportunities.



Thank-You! from Camp Vacamas

We did it! Thanks to the many generous donations from Trail Conference members and friends, we have exceeded our goal of 25 day packs and 25 back packs for teenagers so that they can do hiking trips out of Camp Vacamas in West Milford, NJ. Michael Friedman, executive director of the camp, said, "We are absolutely delighted with the donations from the Trail Conference. The quality of the packs was amazing, and we got cross-country skis, boots, and so much gear that we never even asked for! Please pass on our thanks, and come join us on the Hewitt-Butler Trail next summer."



Inique Harris models one of 25 day packs (and 25 back packs) donated to Camp Vacamas for its teen program by Trail Conference members.

* TRAIL REFLECTIONS *

Attention trail workers: Have you enjoyed a good day on the trail while doing maintenance, construction, or ecology monitoring? Share your experience with words or a photo. Send your contributions to *Trail Walker* editor Georgette Weir at tw@nynjtc.org.

Trail Maintainers' Log

Metro Trails member Al Slaninka reports: On January 8, 2008, four members of the Metro Trails Crew cleared rhododendron from a section of the Pine Meadow Trail in Harriman State Park. It was lead by Joe Gindoff of Queens, NY, who maintains a section from the lake to the Pine Meadows Road. Leaving the new trailhead from the Ramapo Equestrian Center on Rt. 202 at 10am, the group hiked to Pine Meadow Lake while filling in blazes and adding reflective centers to the Red Square Trail blazes. On the return trip, after lunch at the lake, rhododendron was cleared from the lower section of the trail. The weather was outstanding for January, with many area locations hitting record high temperatures. At the lake, at 1pm the temperature was recorded at 75°F, due to the radiant heat captured by the rocks and the reflective heat of the sun off the ice. They returned to the Ramapo Stables trailhead at 4pm.



Four Metro trail maintainers got out of the city on a spring-like January day to clear a section of the Pine Meadow Trail in Harriman State Park. Among them was Linda Sullivan, pictured above with maintainers Al Slaninka and Joe Gindoff, the new Chief of the Metro Trails Crew. The fourth member of the group, known only as David, snapped the photo.

The Poetry of Side-hilling, and Other Inspirations



JOSH HOWARD

Trail maintenance connects people with more than dirt, splinters, and unfamiliar muscles. Sometimes, they connect with their inner poet.

Joe Gindoff, former chief of the Metro Crew, forwarded the following items written by participants after recent work trips.

The first, a poem by Jessica Kratz, concluded a short article she wrote for publications of the NY City Parks Department about a day spent with the crew on a side-hilling project along the Blue Trail in Southwest LaTourette, Staten Island Greenbelt.

"...how many of us have curbed erosion on a hillside, removed invasive exotic vegetation, or made a portion of a trail less wet and muddy, enabling others to explore and enjoy a 'secret place' for the first time?" Jessica asked her readers. "Combining ecological restoration with outdoor education is like combining music with lyrics; it amplifies the impact and the enjoyment of the experience, making it more concrete and memorable for all those involved... The process of transforming the hillside was dynamic. There was something meditative and mindful in connecting the mattock with the hillside, a sense of creating a better tomorrow. As Walt Whitman wrote in *Song of the Broad Axe*, 'The axe leaps. The shapes arise!'"

At the end of her day on the trail, Jessica "penned this exuberant commemoration of my experience":

*The mattock descends upon the hillside
Dragging honeysuckle vines down from the slope
Saws removing dead branches
Loppers cutting through layers of multiflora
A rhythmic tapping
Metallic melody
Tools keeping cadence
A new energy flowing through the trail
As contours are redefined
Bending and picking up stones
Tending to this hallowed ground
Forming structures and shapes,
The steps and walls
Points of reflection
For future jaunts and journeys*

Lucille Gionet joined Joe and Jessica on a work trip to Harriman State Park that was enlivened by several encounters with wild things. She preserved her memories in these lines.



*Off to Pine Meadow on Saturday I went
To clear off Joe's trail...that was the intent
A day in the sun
And also some fun
It felt as if we had been heaven sent*

*Into the truck the tools we did load
And at 9AM we were off on the road
A group of three, we
Jess, Joe and then me
To bring his short trail up to Metro's code*

*Off to the mountains our group did then race
The downed trees and weeds and debris to erase
The hills were quite steep
And shadows were deep
And one of us could not keep up the pace*

*Our water and tools and intentions we took
To the end of the trail, and then had a look
At the lake and the sky
And at birds passing by
T'was pretty enough to put in a book*

*Just one more task lay ahead for our Joe
Bushwhacking some more, and then we could go
But hornets did bite
And he looked like a fright
After we doused his sore ear with aloe*

*Then on the way home we were surprised
By nature, her beautiful creature disguised
The rattler was coiled
But the day was not spoiled
We crept away, as the books have advised*

*And now that we are back in the Queens
When Joe talks of trails, I'll know what he means
He may ask again
But I'll tell him then
Not without a flask in my jeans!*

Science & Ecology

Clubmoss: The Diminutive Giant

By Denise Hewitt

“What is a weed? A plant whose virtues have not yet been discovered.”

– Ralph Waldo Emerson

In the Northeast we are blessed with an abundance of trees—trees that shade and protect the trail, provide essential habitat for wildlife, and make our hikes that much more enjoyable with their colorful leaves, flowers, and fresh scents. But there is an innocuous little “tree” that can be found in moist, shaded areas along the trail that you may never have noticed before because it does not flower or grow over a few inches tall, and it can be somewhat rare. Reminiscent of conifers from a magical forest, many look like “tiny pine trees” with light brown club-shaped “cones” growing vertically upwards from the ends of stems. But

this humble little plant is not a tree at all but clubmoss, and our small friend has a big story to tell.

Clubmoss belongs to the genus *Lycopodium*, and all members within this genus are called Lycophytes. Lycophytes are among the oldest living land plants on earth, dating back about 300 million years. They are preceded in evolutionary time only by algae, mosses, and fungi, and are the ancestors of all vascular plants, which includes, well...almost all the land plants we know today. Lycophytes were not always small or rare. Ancient clubmoss trees grew to be about 100 feet tall and dominated the earth’s landscape for over 40 million years. With major extinction events these grandiose trees were buried and fossilized. They accumulated within the Earth’s surface, slowly becoming converted into much of the coal we use today. You might say we have fossilized Lycophytes to thank for many of our modern creature comforts.

Clubmosses are also fascinating because they have male and female reproductive cells. Male spores are flagellated (comparable to human sperm), which means they have a long tail that propels them through

water towards the female egg. (This occurs inside those vertical yellow cones). The fact that some Lycophytes require 6 to 15 years to reach reproductive maturity may explain why many species are rare or endangered in some states.

If you come across a Lycophyte on a hike, you might try to identify it to determine if it is endangered or threatened. Because some of them are so rare, don’t disturb it by taking a cutting or attempting to transplant it—they don’t transplant well at all. Better to take a picture and compare it with information on the USDA plant database website (<http://plants.usda.gov/>). You can also contact your state office of environmental protection for further information.

If you think about it, all animals depend on plant life, so from an evolutionary perspective we owe these ancient majestic wonders a lot of respect, and perhaps a little helping hand.

Denise Hewitt is a student in the Graduate Program in Ecology and Evolution at Rutgers University.



Ancient relatives of this inches-high clubmoss towered 100 feet and dominated earth’s landscape.

Tracking the Wild Invasives - Year Three

The Trail Conference and Rutgers University are looking for at least 50 hikers and naturalists who are interested in helping to identify common invasive species in state park lands and track the occurrences using GPS units. In return, these volunteers will be offered extensive training in plant identification and the proper use and care of GPS devices.

The actual field work will occur during the months of June and July, when teams of two will be asked to hike a two-mile trail segment while recording the invasive species and documenting the location with the GPS device. Volunteers will be trained in plant identification as well as the survey protocol, which basically consists of stopping at survey points along the trail, scanning the woods and noting the presence, identity, and density of any invasive species seen.

This will be the third and last year of this three-year project, supported by the USDA (US Dept. of Agriculture), which aims to better understand the spread of invasive plants in forested parklands that have high conservation value and high levels of public use.

There is very little information about this in our region, which makes it difficult for park managers to determine the magnitude of the problem or how to manage it.

Using volunteer “citizen scientists” to collect field data for scientific research is itself an explicit part of the research program. The results will indicate whether “citizen scientists” (ie, hikers) collect accurate data regarding invasive plants.

The training portion of this project will begin in late May/early June (dates to be announced soon), so sign up now to ensure your place. Contact Hedy Abad at 201-512-9348, ext. 17 or volunteers@nynjtc.org.



Volunteers record invasive plants along a local hiking trail in 2007.

Spring Is Coming. Time to Have Fun on the Trail!

This is the season to get back outside and connect with nature. Sign up for a trails workshop (page 5), join a crew (page 5), or adopt a trail (page 6). You’ll find good company, satisfying work, and enjoy a good day on the trail!



Boy Scout Troop 97, of New City, blazes a trail.



Members of the Chinese Mountain Club of New York clear the Shore Trail in the Palisades.



Maintenance 101 'students' at work last year.



Amy Olney wields an axe in the Catskills.



A chain-sawyer practices skills.



A 2007 season work group on Bear Mountain learns to move rocks.

HIKERS' ALMANAC

A Sampling of Upcoming Hikes
Sponsored by Member Clubs

March

Saturday, March 1

UHC. Watchung Trail Maintenance, NJ. Leader: to preregister call Trailside at 908-789-3670. Meet: 9:30am, work until noon. Bring water, work gloves, bag for trash, and clippers/shears if you have them. No experience needed. Give back a little to the trails, while meeting new people and working outdoors. Snow covered ground or severe rainstorm cancels.

UOC. Delaware-Raritan Canal, from Kingston to Princeton, NJ. Leader: Charles Severn, 732-246-3387. Moderate 6 miles. Walk along the tranquil, scenic canal and along Lake Carnegie. Inclement weather cancels.

WTW. Hedden Co. Park, Dover, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10am at Ford St. entrance to park. Moderate 5-6 miles.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Angela Coble, 908-686-5958. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl, across from Millburn RR station. Brisk 4-5 miles with some rocky trails, moderate terrain. Rain cancels.

Sunday, March 2

WM13. Manaticut and Jennings Mountains, NJ. Leader: Don Weise; donweise@hotmail.com. Meet: 9:30am; contact leader for details. Strenuous 8 miles at a fast pace. Exceptionally steep climbs up some of the toughest winter peaks; expected out by 2:30. Fee \$8.

WEC. Young Adult Hike at Hewitt State Forest, NJ. Leader: Charlie Sontag; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 11am; carpool to trailhead. Moderately paced 7 miles along Bearfort Ridge and up to Surprise Lake; fantastic views of Greenwood Lake; expect to be out by 4pm. Social hike intended for ages 18 to 30. Hazardous driving conditions cancel. Fee \$8; college students \$5.

ADK-R. Blaueit Mountain Circular, NY. Leader: call 201-871-3531 for details and meeting place/time. Moderate 7.5 miles; see Trail Conference map #118.

Monday, March 3

UHC. Lewis Morris Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at Sunrise Lake lower parking area; call for directions. Easy 3 miles; about 1.5 hours.

Tuesday, March 4

UHC. Jockey Hollow, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at visitors center. 6 miles at moderate pace; for experienced hikers. Mt. Kemble Trail; lunch with a view of NYC. Inclement weather cancels.

Wednesday, March 5

UHC. Tulip Springs, South Mountain Reservation, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Tulip Springs parking. About 4 miles at an easy to moderate pace; moderate terrain. Hike through old Boy Scout area, along reservoir, and up the hill to Turtle Back Trail.

Thursday, March 6

AFW. Pyramid Mountain, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for information and to register. Moderate hike; meet at 10am, out by 2pm.

ADK-MH. Bimonthly Mid-Week Hikes, NY. Leader: Lalita Malik, 845-592-0204 or lalitamalik@aol.com. Meet: contact leader by Tuesday for hike plan, dependent on weather and conditions. Moderate hike in the Mid-Hudson Valley, followed by a stop for refreshment or dinner. Call leader for info on hikes in different Mid Hudson areas on the first and third Thursday each month.

Saturday, March 8

RVW. Olana State Historic Site, NY. Leader: call 845-246-4590 for information and meeting place. Meet: 10am. Easy 4 miles.

ADK-MH. Young Members Snowshoe Intro Hikes, NY. Leader: Dave Koehler, mh.adkymg@gmail.com. Meet: location dependent on snow conditions. Want to give snowshoeing a try? Here's your chance (rentals available). Moderate hike geared toward those in their 20s and 30s, but not restricted to those ages.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepselet, 908-273-4188. Meet: 10am at Trailside Nature and Science Center, Coles Ave. at New Providence Rd. 4-5 miles at brisk pace. Steady rain cancels.

WTW. Patriots' Path, Chester to Long Valley, NJ. Leader: Ernest Wagner, 973-694-3194; call to confirm. Meet: 10am at Chester library parking. Easy 4 miles.

Sunday, March 9

WEC. Stairway to Heaven: Appalachian Trail to Pinwheel Vista with the Highlands Hikers, NJ. Leader: Charlie Toole; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 9:30am. Steep 3-mile climb at a moderate pace. Views of Sussex County, High Point, and then down into Wawayanda State Park. Fee \$8.

GAHC. Ward Pound Ridge Reservation, Cross River, NY. Leader: Brian Kassenbrock, 718-748-0624; call to preregister. Meet: 10am at museum parking; entrance fee. Moderate and easy hikes; cross-country skiing possible.

IHC. Ringwood Meander, NJ. Leader: Jane Egan, 973-636-0809; no calls after 9pm. Meet: 9am at lot A, Skylands Manor, Ringwood, NJ. Moderate; may include Cooper Union Trail to Governor Mountain overlook. Conditions may require crampons or snowshoes.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: MaryDell Morrison, 908-269-6126. Meet: 10am at visitors center. Scenic 4-5 moderate hike in this historical park.

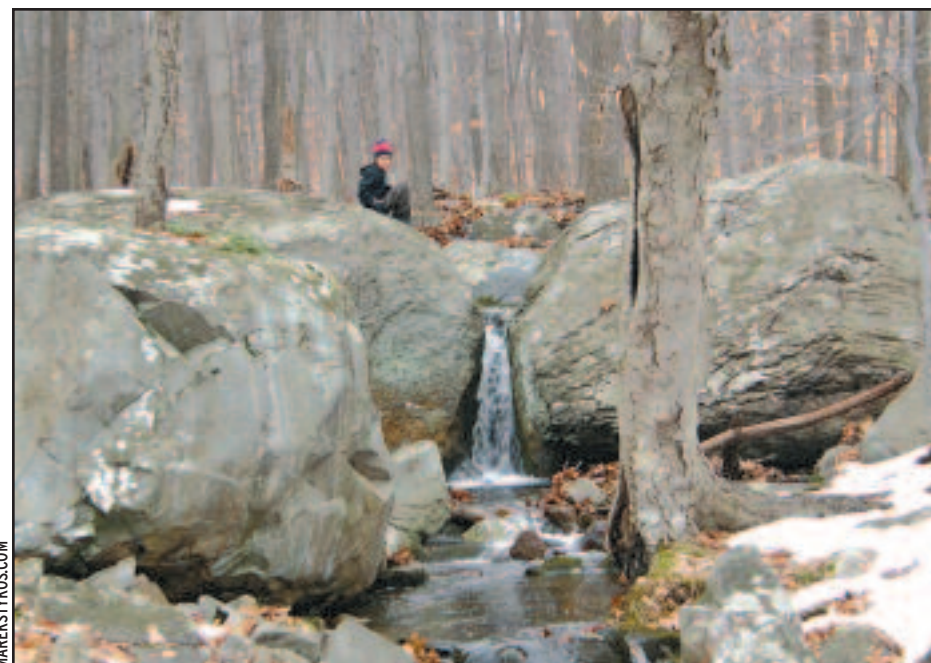
ADK-MH. Easy Intro Hike - Black Creek Forest NY. Leader: Carol Gray, 845-471-1168. Meet: 2pm at Park & Ride, Rts. 299 & 9W; carpool 5 miles to Port Ewen. Easy 3 miles for those new to hiking or those who prefer a leisurely pace. Enjoy this Scenic Hudson park with its old stone walls and views of the Hudson River. Possible stop at Stonehedge restaurant after the hike.

Monday, March 10

UHC. Turtle Back Rock, South Mountain Reservation, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am; call for directions. Easy, level 3 miles; about 1.5 hours to Girl Scout oval and back.

Tuesday, March 11

UHC. Lewis Morris Park, Morristown, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Mendham Overlook parking; call for directions. 6-7 miles at moderate pace; for experienced hikers. To the Girl Scout camp and Jockey Hollow National Park. Snow on ground may shorten the hike.



Niko Stykos enjoys a woodland brook while hiking in the Hudson Highlands this winter.

Wednesday, March 12

UHC. Patriots' Path, E. Hanover, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Lurker Park in E. Hanover. Easy 3 miles to Essex County Environmental Center and back; time to visit the center.

Thursday, March 13

UHC. Bearfort Ridge to Wawayanda State Park, NJ. Leader: Kathleen Grifone, 201-891-5161. Meet: 9:30am at Wawayanda ranger station; car shuttle to Bearfort Ridge. 7-8 miles at a steady pace; for experienced, strenuous hikers. Hike on Quail Trail and the AT.

Saturday, March 15

AFW. Sourlands, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for information and to register.

UOC. Birding Hike in DeKorte Park, Lyndhurst, NJ. Leader: George Pitcher, 732-828-1890. Easy, level hike with excellent views of NJ marshlands; we usually find wading birds. Brunch at diner after the hike.

ADK-MH. Stissing Mountain plus (maybe) Thompson Pond, NY. Leader: Georgette Weir, 845-462-0142. Meet: contact leader for details. Moderate 1.2 mile up and down Stissing Mountain in Pine Plains, NY. Possible (depends on mud conditions) additional 3-4 level miles around Thompson Pond, a Nature Conservancy site.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10am at Locust Grove parking, Glen Ave. and Lackawanna Pl, across from Millburn RR station. 4-5 miles with some rocky trails; suitable for intermediate hikers.

WTW. Lewis Morris Co. Park to Jockey Hollow, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10am at Doe Meadow parking, Lewis Morris Park. Moderate 6.5 miles.

Sunday, March 16

WWW. Pancake Brunch Hike, Norvin Green, NJ. Leader: Don Weise; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 10am. Fast paced 9 miles exploring seldom-seen corners of Norvin Green State Forest. Finish with optional pancake brunch at Weis in Ringwood, NJ (including their homemade maple syrup). Fee \$8; brunch extra.

IHC. Lake Skannatati, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9am at Lake Skannatati, Seven Lakes Dr., NY. Moderately strenuous. See the little cemetery on Beech Trail, the Hasenclever Mine, and Lake Askoti. Rain or snow cancels.

UHC. Watchung Reservation, Mountainside, NJ. Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside parking, Coles Ave. at New Providence Rd. Very fast paced 5-6 miles, for experienced, strenuous hikers only. Steady rain cancels.

Monday, March 17

RVW. Peekamoose Mountain (3843'), NY. Leader: call 845-338-8772 for information and meeting place. Meet: 8am. Strenuous 6.6 miles (est. 5.5 hours); snowshoes and crampons required. For experienced winter hikers only. Inclement weather date is following Monday.

Tuesday, March 18

UHC. Hatfield Swamp, W. Caldwell, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. 5-7 miles at moderate pace; level hike in an area noted for large numbers of migrating ducks. Come prepared for ice or mud. Little known area in West Essex Park.

Thursday, March 20

AFW. Ramapo Mountain State Forest, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for information and to register. Moderate early evening hike; meet at 4pm, out by 7:45pm.

Friday, March 21

UHC. Sterling Forest State Park, NY. Leader: Eric Singer, 973-744-7147. Meet: 10am at visitors center. 7 miles at a steady pace; for experienced, strenuous hikers. We'll hike along the Sterling Ridge.

Saturday, March 22

UHC. Hook Mountain, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am; must call to preregister. 6 miles with a fair amount of climbing, but the views of the Hudson River will make it worth the climb.

Sunday, March 23

ADK-R. HTS Trail ("Old Red") Up Ramapo Torne, Harriman State Park, NY. Leader: call 201-357-4642 for details and meeting place/time. Moderate 7 miles; see Trail Conference map #118.

ADK-MH. Fahnestock State Park, NY. Leader: Al Poelzl, 845-677-9995. Meet: 9:30am at lot on Rt. 301 opposite Lake Canopus Boathouse. Moderate 5 hours at leisurely pace with no steep grades. Explore some of the southern sections of the park with exceptional views.

Monday, March 24

IHC. Historic Califon, NJ, and Voorhees State Park. Leaders: Guy and Jen Percival, 973-984-1005. Meet: 9am at old Califon RR station; call for directions. Moderate 7 miles through Califon, then over Ken Lockwood Gorge on an old RR bridge and on to Voorhees State Park. Shuttle required.

Tuesday, March 25

UHC. Pyramid and Turkey Mountains, Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mountain parking. Moderate 4-5 miles; for experienced hikers. No lunch stop; expected out by noon.

Wednesday, March 26

NYHC. Cranberry Lake Park, Westchester Co., NY. Leader: Mayer Wiesen, 516-671-2095; call before 10:30pm. Meet: 9:30am at Grand Central Terminal upper level info booth. Moderate 7 miles. Easy woods walk in this park just north of White Plains; 4:30pm return train.

Thursday, March 27

NYHC. Point Pleasant, Ocean Co., NJ. Leader: Ray Krant, 718-435-4994; call before 10pm. Meet: 8:45am at Penn Station, NY, near NJ Transit ticket windows on upper level. Moderate 7 miles. Hike through parks, canal, and beaches in areas not generally known to New Yorkers.

Friday, March 28

TLR. Spring Moon Hike, Ossining, NY. Preregistration required: 914-762-2912, ext.110. Website: www.teatown.org; email: Teatown@teatown.org. Everything changes when the sun goes down and the full moon rises. Come along for a hike to Hidden Valley by the light of the moon. 7 pm - 8:30 pm. No children under 5 please. Members free, Nonmembers \$5. All ages welcome.

Saturday, March 29

ADK-MH. Cross Country Ski at Mohonk, NY. Leader: Pete McGinnis, 845-454-4428. Meet: 9am at lot across from Rock and Snow. Moderate ski. If adverse conditions, we will travel to Albany to hike the museum.

Sunday, March 30

UHC. Watchung Reservation, Mountainside, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Trailside Nature and Science Center; Coles Ave. at New Providence Rd. Moderate 4 miles with some rocky trails. Steady rain cancels.

UHC. Jockey Hollow, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at Sunrise Lake lower parking area; call for directions. Easy 3 miles; about 1.5 hours to Tempe Wick house and the Primrose Path.

UHC. High Mountain Preserve Park, NJ. Leader: Vin Dryer, 201-264-0976. Meet: 10am at end of Indian Trail Dr. in Franklin Lakes. 7 miles at moderate pace; for experienced hikers. Climb Beech Mountain with views of reservoir, then up High Mountain with views of NY, Bergen and Passaic Counties. Short section on back streets of Franklin Lakes past McMansions; enter woods again at Buttermilk Falls.

RVW. Esopus Meadow Point Preserve, NY. Leader: call 845-246-2945 for information and meeting place. Meet: 10am. Easy 2 miles (est. 2 hours). Inclement weather date is following Saturday.

UHC. Hedden Park, Dover, NJ. Leader: Carol O'Keefe, 973-7395. Meet: 10am; call for directions. 4-5 miles at moderate pace. A lake and pretty hike along Hurd Brook.

UHC. Ramapo Valley County Reservation, Darlington, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am; call for directions. 7-8 moderately strenuous miles at a steady pace; for experienced, strenuous hikers. To Bear Swamp Lake and back on Halifax Trail and others.

ADK-R. Nice and Easy Hike, NY. Leader: call 845-729-4046 for details and meeting place/time. Easy 4-5 miles; see Trail Conference map #119.

ADK-R. Bear Mountain, NY. Leader: call 973-835-2832 for details and meeting place/time. Moderately strenuous 7 miles; see Trail Conference map #119.

UOC. Great Swamp, Basking Ridge, NJ. Leaders: John Hall, 732-321-4199, and Gene Varney, 732-873-2506. Easy, level hike. Learn about the history of this natural area and how it was saved from becoming an airport. Walk on trails, the boardwalk, and visit the Wildlife Observation Center.

ADK-MH. Brooklyn Nature Walk, NY. Leader: Sue Mackson, 845-471-9892. Meet: 7:15am at Poughkeepsie Metro North station to catch the 7:33 train; call leader for alternate meeting place. Easy 3-4 mile walk from Brooklyn Borough Hall area will enable us to visit the Brooklyn Botanic Garden (free entrance on Sat. mornings) to see early daffodils, Japanese Garden, and vast collection of plants ready for springtime awakening. Possible stroll through nearby Prospect Park.

GAHC. Rockefeller State Park, Tarrytown, NY. Leaders: Manfred Janowski, 914-428-4573, and Evelyn Hoyer, 718-457-8319. Meet: 9am at Valhalla RR Station; must call to preregister. Moderate and easy hikes; cross-country skiing possible.

NYHC. Staten Island Greenbelt, NY. Leaders: Bettye and Steve Soffer, 718-720-1593; call 7-9pm. Meet: Take 10:30am ferry from Manhattan to Staten Island; meet leaders at train station in rear of Staten Island ferry terminal. Easy 5-6 miles. See early wildflowers. Heavy rain or snow cancels.

IHC. Appalachian Trail, Rt. 17A to Wawayanda State Park, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9am at Wawayanda ranger station, Vernon, NJ. Strenuous 10 miles on the AT; a little long but mostly downhill through a very scenic part of northern NJ. Shuttle required.

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

Only those clubs with hikes offered in this issue are listed below. Please call numbers listed to confirm.

ADK-MH	Adirondack Mountain Club	RVW	Rip Van Winkle Hiking Club
	Mid-Hudson Chapter	UHC	Union County Hiking Club
ADK-R	Adirondack Mountain Club	TLR	Teatown Lake Reservation
	Ramapo Chapter	UOC	University Outing Club
AFW	Adventures for Women	WEC	Weis Ecology Center
GAHC	German-American Hiking Club	WM13	West Milford 13ers
IHC	Interstate Hiking Club	WTW	Woodland Trail Walkers
NYHC	New York Hiking Club	WWW	Weis Wyanokie Wanderers

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the May/June 2008 issue is March 15, 2008.

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at visitors center parking. Scenic 4-5 moderate miles in this historic park.

Monday, March 31

RVM. Graham (3868'), NY. Leader: call 845-246-8546 for information and meeting place. Meet: 8am. Strenuous 7-mile bushwhack (est. 5 hours); snowshoes and crampons required. For experienced winter hikers only. Inclement weather date is following Monday.

UCHC. Painters Point, South Mountain Reservation, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Easy, level 3 miles; about 1.5 hours along the Rahway River.

April

Tuesday, April 1

UCHC. Lewis Morris Park, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am at Mendham Overlook; call for directions. 5-7 miles at moderate pace with hills; for experienced hikers. Steady rain cancels.

Thursday, April 3

UCHC. Weis Ecology Center, NJ. Leader: Kathleen Grifone, 201-891-5161. Meet: 10am at Weis parking; call for directions. 8 miles at a steady pace; for experienced, strenuous hikers. Hike to the falls and then climb to two great views.

Saturday, April 5

UCHC. Watchung Trail Maintenance, NJ. Leader: to preregister call Trailside at 908-789-3670. Meet: 9:30am, work until noon. Bring water, work gloves, bag for trash, and clippers/shears if you have them. No experience needed. Give back a little to the trails while meeting new people and working outdoors. Snow covered ground or severe rainstorm cancels.

AFW. Tohickon Valley Co. Park, PA. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for information and to register. Moderate hike; meet at 10am, out by 3pm.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., across from Millburn RR station. 4-5 miles with some rocky trails. Steady rain cancels.

T.L.R. Family & Beginner Hike, Westchester, NY. Preregistration required: 914-762-2912, ext.110; www.teatown.org, or Teatown@teatown.org. Learn how land was used in the past by farmers and what impact people have made over the years. This is a good hike for children, beginners, and anyone who enjoys an unhurried day in the woods. Bring the family! 5 miles, moderate terrain; 4 hours with lunch. This is one of our Westchester gems! Rain cancels, if the weather is questionable, call Teatown. Bring lunch and water. Comfortable boots a must.

Monday, April 7

UCHC. Cedar Grove, NJ. Leader: Roz Bloom, 973-364-0186. Meet: 10am at Cedar Grove Community Park; call for directions. Easy, level 3 miles; about 1.5 hours. A railroad bed, hemlock gorge, and the reservoir.

Tuesday, April 8

UCHC. Stokes State Forest, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at visitors center just in from Rt. 206. 6 miles at moderate pace; for experienced hikers. Lackner Trail, others, and roads.

Wednesday, April 9

UCHC. Mountain Way Park, Parsippany, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at the park; call for directions. 4-5 miles at moderate pace.

Thursday, April 10

UCHC. Breakneck Ridge, Hudson Highlands State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Breakneck parking on Rt. 9D, just north of Cold Spring (north of RR tunnel); call for directions. 8 strenuous miles with a steep, exposed section; for experienced, strenuous hikers. Moderate pace on the very steep section, then moderately fast. Spectacular views of Hudson River valley.

Sunday, April 6

WM13. Big Beech and Horse Pond Mountains, NJ. Leader: Don Weise, donweise@hotmail.com. Meet: 9:30am; contact leader for details. Strenuous 8-9 miles at a fast pace. Bag two of the Baker's Dozen peaks, required for the West Milford 13ers club, with tremendous views of Monksville Reservoir, Sterling Forest, and the West Milford Highlands; expected out by 2:30. Fee \$8.

IHC. Arden Mine Tour, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9am at Elk Pen parking, Arden Valley Road, Arden, NY. Strenuous 12 miles with stops at many different mines along the way. Rain or snow cancels.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Louise White, 973-746-4319; call before 9pm. Meet: 10am at Sunrise Lake, upper lot; call for directions. Moderate hike but with some ups and downs.

Saturday, April 12

UCHC. Bearfort Mountain, W. Milford, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at A&P lot on Rt. 511 in W. Milford. 5.5 miles at moderate pace and with moderate uphill grade; for experienced hikers. View the entire Greenwood Lake beneath our feet.

NYHC. Riverside Park, Manhattan, NY. Leader: Halina Jensen, 212-568-6323; call 8-10pm. Meet: 11am on SW corner of Broadway and 72nd St. Easy 4 miles. We'll head north admiring Eleanor Roosevelt and other sculptures, and two memorials, then return along the Hudson River.

Sunday, April 13

IHC. Trail Maintenance on Sterling Ridge Trail, NJ. Leader: Jim Canfield, 973-728-9774. Meet: 9am at south end of Sterling Ridge Trail on Rt. 511 in Hewitt, NJ. We need everyone's help for another spring cleanup; no experience needed. Moderately strenuous trail clearing work; bring lunch, water, good working gloves and clippers, if you have them (or you can use tools provided by the club). Rain date is on Saturday, April 19.

WWW. Dunderberg Mountain, NY. Leader: Don Weise; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 9:30am. Fast paced 9 miles; expected out by 2:30pm. Climb Dunderberg Mountain for views of Bear Mountain and bridge, Anthony's Nose, and Hudson River. Visit old RR site and the cliffs of the Timp. Fee \$8.

AFW. Merrill Creek, NJ. Leader: Call 973-644-3592 or visit www.adventuresforwomen.org for information and to register. Easy hike; meet at 10am, out by 2pm.

UCHC. Garret Mountain, Paterson, NJ. Leader: Walter Koenig, 973-684-5528. Meet: 10am; call for directions. Moderate to casual hike in a park with splendid views of historic Paterson; optional lunch at Libby's Diner and visit to Paterson Falls after the hike.

GAHC. Bear Mountain State Park, NY. Leader: Brian Kassenbrock, 718-748-0624; please call to preregister. Meet: 9:30am at Bear Mountain Inn parking; fee. Hikes at all levels.

Monday, April 14

UCHC. Great Swamp Nature Center, Chatham, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am; call for directions. Easy, level 3 miles; about 1.5 hours. Walk along the boardwalk and the Laurel Trail.

Tuesday, April 15

UCHC. Black Rock Forest, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am; call for directions. 6-7 moderately strenuous miles; for experienced hikers.

Wednesday, April 16

UCHC. Ramapo Lake, Oakland, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am; call for directions. 4-5 miles at moderate pace. View beautiful Ramapo Lake. Call if in doubt due to weather.

Thursday, April 17

UCHC. Ramapo State Forest, Oakland, NJ. Leader: Bob Bieri, 201-664-3813. Meet: 10am at upper lot on Skyline Dr.; call for directions. 8 miles; for experienced, strenuous hikers.

Saturday, April 19

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Tulip Springs parking; call for directions. Moderate 2-3 hour hike.

Sunday, April 20

WEC. Sterling Forest (Indian Trail Loop) with the Highlands Hikers, NY. Leader: Charlie Toole; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 9:30am. 4-5 miles at a moderate pace. Little Dam Lake, Green Pond, Wildcat Mountain, great views of Harriman Park and Sterling Forest. Fee \$8.

UCHC. Hartshorne Woods, Monmouth Co., NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Hartshorne Woods parking; call for directions. Moderate 4-5 miles with some hills. New area for many of us; possible trip to Sandy Hook/Twin Lights after the hike. Bring bug spray, just in case.

Tuesday, April 22

UCHC. Great Swamp National Wildlife Refuge, NJ. Leader: Steve Gruber, 908-647-3253. Meet: 9am; call for directions. 6-7 level miles; car shuttle so we can hike in two unconnected wilderness areas.

Wednesday, April 23

UCHC. Elmdale, South Mountain Reservation, Millburn, NJ. Leader: Irv Auerbach, 973-239-4342. Meet: 10am; call for directions. Easy to moderate 4-5 miles up and down a number of hills, but well worth the effort.

Thursday, April 24

UCHC. Sterling Forest, Hewitt, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at Jennings Hollow parking; call for directions. 7-8 moderately strenuous miles; for experienced, strenuous hikers. Hasenclever Iron Trail, woods roads, and Sterling Ridge Trail.

Saturday, April 26

NYHC. Piermont to Nyack on the Long Path, NY. Leader: Halina Jensen, 212-568-6323; call 8-10pm. Meet: 10:15am at George Washington Bridge Bus Terminal in front of ticket windows (A train to 175th St.). Moderate 6 miles. Enjoy spring in the Hudson Valley; visit Piermont long pier and the new neighborhood, then to Nyack on the Long Path. Return to Manhattan by bus.

UCHC. Turkey Mountain, Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mountain parking; call for directions. Moderate to brisk 4+ miles with some hills. Past a historic limestone quarry, waterfalls, Bott's Pond, and a wetlands. Natural rock stairs (the 100 steps) back to cars. Not for beginners; expect 2.5-3 hours to complete.

Sunday, April 27

AFW. Schunemunk Mountain, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for information and to register. Strenuous hike; meet at 9am, out by 4pm.

GAHC. Sterling Forest State Park, NY. Leaders: Mathias Wuethrich, 908-253-9042, and Helga Nagy, 973-772-2119. Meet: 9:30am at visitors center. Moderate and easy hikes.

IHC. Reeves Meadow to Dater Mountain, Harriman State Park, NY. Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Reeves Meadow visitor center, Seven Lakes Dr., NY. Moderate 6-7 miles on various trails; includes short road walk.

UCHC. Mayapple Hill, South Mountain Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 2pm; call for directions. Moderate, level 3 miles mostly on old country roads with some overgrowth; expected out by 3:30. View of the Rahway Valley and reservoir from the Crag.

Monday, April 28

UCHC. Boonton Falls, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am; call for directions. Easy, level 3 miles; about 1.5 hours. A treat for the eyes with low water, spectacular with high water.

Tuesday, April 29

UCHC. Skyline Dr., Ramapo State Forest. Leader: Kathleen Grifone, 201-891-5161. Meet: 10am at upper lot on Skyline Dr.; call for directions. 7 miles with about 900 feet elevation gain; for experienced hikers.

Wednesday, April 30

UCHC. History Tour in South Mountain Reservation, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. Easy to moderate 4 miles with a number of stops to hear about how the park was created over 100 years ago, as well as some more recent events.

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.

Catskill Mountain Club

The Catskill Mountain Club (CMC) is a "grassroots association of outdoors-people that promotes safe, responsible outdoor recreation and seeks to enhance public awareness and appreciation of our natural and human recreational resources." Its interest is in the entire Catskill region, not just the Catskill Park or the high peaks. CMC co-founder and current outings chair Aaron Bennett says this encompasses the six counties of Ulster, Sullivan, Delaware, Otsego, Schoharie, and Greene.

In existence only since 2004, CMC has been quick to make a positive impact in our region's hiking community. In just over three years the club's membership has climbed to more than 450 and its volunteers have cleared and helped to build miles of hiking trails. Last year CMC members were among those who helped reopen Catskill trails devastated by an April ice storm. They have done maintenance work on sections of the Finger Lakes Trail in the western Catskill region and work with the Dept. of Environmental Conservation on other trail projects. In October 2007, the Trail Conference bestowed its Ken Lloyd Club Award, which recognizes exceptional club service to trails, to CMC for its work in cutting, clearing, and marking the new Warner Creek Trail linking the Long Path and the Devil's Path.

Bennett says the club's creation was inspired by the centennial celebration of the Catskill Park Preserve in 2004. "Chris Olney [co-founder and first CMC president] and I were members of other clubs. But we wanted something that was cen-



A Catskill Mountain Club work crew takes a break on Twin Mountain while clearing trails after last April's ice storm.

tral to the Catskills. We wanted something that was really meant for folks who live in the Catskills. The club is intended to be a way for us to get together and learn about and enjoy the Catskills." While hiking and trail maintenance have been predominate activities organized by CMC, "any non-motorized recreation activity" may be scheduled. "We're not at the point where we have outings every weekend," Bennett says. Most outings are led by board members, who agree to lead at least two outings a year. The group aims to involve more of its members as outings leaders.

CMC has no dues requirement (it does accept donations) and it does not send out a paper newsletter. "It's all internet based," Bennett says. "This keeps our costs minimal." The club operates as an independent entity and is pursuing 501c3 nonprofit status. Though founded as an organization for Catskill residents, anyone is welcome to join. For more information, go to www.catskillmountainclub.org.



This group, stopped at Frick Pond, joined a Lark in the Park outing, part of an annual celebration of the Catskill region that the Catskill Mountain Club helps to organize.



We Can Publicize Your Events!

This year's theme, "Join Us on the Trail," is an open invitation to all Americans to get outside and connect with local hiking clubs and parks and open spaces of all kinds.

Clubs: Plan your events now and publicize them in the May/June issue of Trail Walker by sending details to tw@nynjtc.org by March 20.

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November 22, 2007 to January 23, 2008

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Madeleine Van Engel

Deepest gratitude to Harold Marciari, Veronica O'Neil, Dov Dixler, Dave Kimmelman & Charlie DiCarlo for saving Cleo's life
From Cleo and her family

In honor of Irwin Bolensky
Edward K. Goodell & Lynne S. Katzmann

In honor of John Gunzler
Melissa & Jay Curwin

In honor of Torleif Meloe
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In honor of Michael Rubaschkin's 50th birthday
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You can join the special individuals whose legacies ensure the Trail Conference will continue to connect people with nature for generations to come by putting the Trail Conference in your will. It's easy to do and won't affect your current cash flow.

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Please contact Development Director Joshua Howard for bequest language or with any questions you may have at 201-512-9348, ext. 13, or josh@nynjtc.org. The Trail Conference recommends you contact an accountant or lawyer for professional assistance.

West Hudson South Crew 2007 Report

2007 was another good year for the West Hudson South trail crew. Consistently good weather helped us finish several big trail projects. The spring season saw us rebuilding a portion of the AT on West Mountain. We split the fall season on two projects, both in Bear Mountain-Harriman State Park. There was a large erosion control job on the Triangle Trail and many trail improvements required on the Ramapo-Dunderberg Trail on Black Mountain. In all, the crew put in more than 1,100 hours of serious labor to upgrade these trails.

Thanks go to the following people who put in the time to come out and help: Collin Baja, Kristen Baja, Robert Blanchette, Roland Breault, Gail Brown, Jim Brown, Brian Buchbinder, Chris Connelly, David Day, Monica Day, Chris Ezzo, Robert Foldes, Joyce Gallagher, Claudia Ganz, Mary Hilley, Chris Ives, Bill Horowitz, Joan James, Frank Keech, Andrea Kellner, David Kellner, Richard Lynch, John Mack, Kim Macleod, Bob Marshall, Lori Maynard, Gay Mayer, Trudy Pojman, Kevin Riley, Charles Silver-Frankel, Trudy Schneider, Bruce Shriver, Brennen Wysong, and Steve Zubarik.

—Chris Ezzo, Crew Chief

Contribute Your Club, Trail Project T-Shirt to TC Quilt Project



Quilt maker and Trail Conference member Carolyn Canfield has offered to construct a wall hanging for the new New York-New Jersey Trail Conference offices at the Darlington Schoolhouse. To accomplish this project, she will need a collection of new or nearly new T-shirts appropriate to Trail Conference activities in the New York-New Jersey area. These could include, but are not limited to, club T-shirts, project T-shirts, park T-shirts. The size of the wall hanging will depend upon the space available at the schoolhouse and the number of usable donated T-shirts. To become part of Trail Conference history, drop off your T-shirt donation at the Trail Conference office before April 1, 2008. Donated T-shirts will not be returned.



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TRAIL U COURSE CATALOG

continued from page 4

USFS Chainsaw Safety Certification

This two-day course, based on a US Forest Service curriculum, is designed to teach how to safely use a chainsaw. It includes maintenance of the saw, identification and mitigation of hazards, as well as plenty of field practice using chainsaws. Attendance priority is given to individuals volunteering on NPS lands (i.e. Appalachian Trail and Delaware Water Gap National Recreation Area). Students do not need to own a chainsaw to attend, but if you have one, please feel free to bring it.

Trail Land Boundary Monitoring

This one-day workshop provides participants with first-hand experience, checking land boundaries and trail corridors for illegal uses such as ORV activity, trash dumping, trail land encroachment and other common problems. The "in-the-field" portion of this workshop will be spent off trail; therefore students should feel comfortable with off-trail hiking situations.

Water Control

A special purpose workshop dealing only with various waterbars and other structures to keep water off of trails.



Sona Mason learned rock work techniques at a workshop at Bear Mountain.

Basic Rock Work Training

Topics covered include mechanical advantage, simple tools for moving large rocks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts.



Instructor Eddie Walsh, second from left, shows students the use of a high-line rig to move heavy objects.

Rigging for Trail Work

Topics covered over two days include: safety issues; equipment selection, care, and applications; calculating for safety and efficiency; mechanical advantage for pulling; and overhead zip and high-lines. There will plenty of opportunity for hands-on practice on Sunday plus a winch-cleaning clinic in the afternoon. Preference in registration will be given to participants attending both days.

Stone Splitting and Shaping Workshop

Topics covered include: Proper use of tools to split and shape (dress) stone to desired dimensions (portable generator, electric hammer drill, hand star drills and single jack hammer, top quality carbide hand chisels, stone hammers, hand points, tracers, and rifting hammers).

Stone Cribbing Level I

This workshop will cover the basics of building dry stone retaining walls to support a tread way and retain a hillside. Class size will be kept very small to insure optimal education.

Stone Step Construction

This workshop will focus on rock step construction, incorporating rigging skills, stone shaping, and basic mechanical advantage and leverage, to set rock steps.

Stone Pinning Workshop

Techniques will be taught to build and anchor trails over exposed sloping bedrock surfaces using steel pins. Topics covered include: safety issues, use of mechanized and hand power rock drills, pin / steel selection, different methods of affixing and sealing pins into bedrock, and building off of the set pins.

Women's Weekend

Focus will be on rock moving and stone construction. Topics covered include: mechanical advantage, simple tools for moving large rocks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts. We will be constructing stone steps and cribbing walls. Registration is limited to females.

CONSERVATION & ADVOCACY

continued from page 4

process proceeds can sign up to receive news alerts from the Trail Conference. Make sure we have your current email address.

TC Testifies on Belleayre Project

Staff member Brenda Holzinger represented the Trail Conference at a December scoping hearing on the Belleayre resort project in the Catskills. The meeting was held by the NYS Dept. of Environmental Conservation to determine the scope of the supplemental environmental impact statement required for the project. Trail Conference testimony focused on the

potential impact the development would have on trail viewsheds. The Trail Conference also submitted written comments that included a viewshed map of the region, which indicated the many trails potentially impacted by the planned development. Finally, the Trail Conference is collecting information about potential viewshed problems from volunteers who are out hiking these trails and documenting their experience. If you would like to assist with this effort, please contact Brenda Holzinger via email (Holzinger@nynjtc.org) or phone (201-512-9348, ext. 25).



Book Review

The Winter Camping Handbook

By Stephen Gorman

The Countryman Press, 2007

How to Build an Igloo And Other Snow Shelters

By Norbert E. Yankielun



W.W. Norton & Co., 2007

Reviewed by Georgette Weir

The subtitle of Stephen Gorman's *Winter Camping Handbook* is actually a better indicator of the book's contents: *Wilderness Travel & Adventure in the Cold-Weather Months*. Camping considerations comprise big chunks of the content, but there is at least as much about traveling on snow and ice as about staying in place in a campsite. He presents basic information about proper clothes for cold-weather recreation, skiing and riding (snowboarding, that is) equipment for backcountry, snowshoes and crampons. There is a chapter about navigating in the backcountry, the details of which will be familiar to anyone skilled in backcountry hiking in any season, food and nutrition, and traveling in groups.

Gorman's is a good basic introduction to the subject of winter outdoor recreation and he offers many specific tips. About choosing a sleeping bag, for example, he discusses qualities of fills, shape, size, and temperature ratings. He emphasizes the importance of taking into account the body's emissions of H₂O—as much as a pint a night even while we sleep in the cold.

Gorman is definitely a winter enthusiast. Check out this guide if you're looking for an introduction to the subject and, like him, you want to get out and "explore the winter wilderness and experience the joys of winter." *Winter Camping Handbook* is a new, updated edition of Gorman's 1991 *Winter Camping*, originally published by the Appalachian Mountain Club.

You will likely have to travel beyond the New York-New Jersey region to try out some of the construction projects suggested by Norbert Yankielun in *How to Build an Igloo*. But this is probably the book to get if you have an interest in building snow shelters. Yankielun is a research engineer for the U.S. Army Corps of Engineers, Cold Regions Laboratory in New Hampshire. He also conducts igloo-building workshops which, according to his bio, "draw hundreds."

Step-by-step instructions are augmented by useful, clear drawings by Amelia Bauer. For each structure (igloos, quinzees, slab shelters, drift caves, spruce traps, and "expedient" shelters) Yankielun discusses historical and structural perspectives, appropriate snow, and construction techniques. If you're planning a winter group or family trip to a snow-belt area, this might be a fun take-along to guide you in some unusual snow construction activities.

Guide to Adirondack Trails: Northville-Placid Trail, 4th edition

By Jeffrey & Donna Case

Adirondack Mountain Club, 2007

Reviewed by George Petty

The Adirondack Mountain Club (ADK) has just published the 4th edition of its *Guide to Adirondack Trails: Northville-Placid Trail*, number four in its Forest Preserve Series of eight guides to hiking in the Adirondack Park. The book is in the light, small easily carried format typical of the series and is addressed to experienced hikers interested in enjoying something more than a day hike.

The Northville-Placid (N-P) Trail is a 132-mile generally lowland trunk-line footpath through the heart of the Adirondacks. Begun in 1922 and completed in 1924, N-P Trail was the first trail project undertaken by the then newly formed ADK. It climbs no peaks; its highest point is just over 3,000 feet. The editors write, "when you hike the N-P Trail, whether all in one shot or piecemeal, you're walking across much of the Adirondacks. . . . You really are seeing a cross-section of all it has to offer." Directions for spur trails to nearby peaks and scenic views are included.

Editors Jeffrey and Donna Case have completed a thru-hike of the N-P Trail every year for the past 21 years. They provide expert advice on hiking gear, trip planning, seasonal hiking conditions, Dept. of Environmental Conservation rules and regulations, access to trailheads, and safety and emergency procedures. The trip planning sections are particularly full and practical, offering suggestions for both thru-hikers and section hikers. The Introduction contains general planning advice, and the section descriptions have suggestions for shorter stretches of the trail. While the trail is not particularly steep, there are many streams and wetlands to cross, and the suggestions for appropriate equipment and clothing should be taken seriously.

The book has useful photographs, page maps for each of the 10 sections, distance lists to landmarks and points of interest in every section, and, slipped into a packet on the inside back cover, a USGS topo-based trail map showing the entire hike. This publication is essential reading for any hiker planning to walk the N-P Trail, and should be at the top of the list of gear to be carried in the pack.



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Favorite Hike



By Patricia Hilliard

Historic Smithville Park: Where History Meets Nature

Hoping to see native wildflowers this spring? Go to Historic Smithville Park in Burlington County, NJ. The park has 280 acres and over 4 miles of clear, wide, marked nature trails, sidewalks, and paths. This park combines natural habitat with a visit to an 1860s "self-sustaining" village. As you enter the park from Smithville Road, you can visit the farm, the mansion, and the village. From this location walk down to the river and see the old mill. Then get your wildflower book out and get ready to identify some wildflowers.

This trail takes you to the Floating Trail, which gives a great view of the lake.

The Ravine Trail is reserved for hikers only and is designated as a good trail for botanical studies. This trail is accessed from the picnic area along the river below the village and across from the mill. The Ravine Trail is tree covered and hilly with an over-

look of the river. Wild Phlox and Spring Beauties can be found among other intriguing wildflowers. Animal lovers should be on the look-out for white-tailed deer, fox, beaver, and rabbits. Bird watchers will likely see wild turkey, hawks, and herons. Migrating wood ducks may be seen in spring in Rancocas Creek.

Another opportunity to see wildflowers is at the southern end of the park. Drive further down Smithville Road to the parking lot at the intersection of East Railroad Avenue. The trail from this parking lot goes east through the woods and arrives at a picnic area. From this opening, the trail curves west back into the woods and follows the Rancocas Creek. Among the trees that line the riverbank you might imagine you've just seen some children of the 1800s enjoying the "ol' swimming hole" for the riverbank shares the memories of this idyllic past (but is now used as a kayak stopping point).

Follow the trail back out to Smithville Road and cross the road until you come to a path on your left that veers to the south. This trail takes you to the Floating Trail, which gives a great view of the lake. If you arrive at the right moment in spring, the water is pulsing with the splashing and wallowing of fish as they lay their eggs on the lake's edge. Next, take the trail beyond the lake. On this trail you will see the pink and white phlox. The trail goes southeast to West Railroad Avenue where you intersect again with Smithville Road and return to your parked vehicle.



Left: Rancocas Creek offers an idyllic stop. Above: Wild phlox grace the trail sides in spring.

The park has the usual rules: hikers are asked to stay on the trails and don't litter. Dogs must stay on a leash and all-terrain bikes must use designated trails only and must give right-of-way to hikers. Remember, take only pictures and never pick the wildflowers. Three clean, well-kept restrooms are located near picnic areas and sites of interest. The park provides well-designed maps, which can be obtained from the web site at www.co.burlington.nj.us/departments/resource_conservation/parks

HOW TO GET THERE:

Take the New Jersey Turnpike south to Exit 5, Mount Holly. Turn left on Woodlane Road (Route 630), moving east. Turn right at Smithville Road. From this road you can turn right into the village or go further south to the parking lot for the hike through the southern part of the park.

Patricia Hilliard is a Trail Conference member and writer of *Wild Birds in the Parks of Hudson County*.

Hikers' Marketplace



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